



## Helping you prepare, step by step, for your APLS 2 Day Refresher course.

Dear candidate,

Thank you for registering to participate in the Advanced Paediatric Life Support (APLS) 2 Day Refresher – Extending Skills for Active Clinicians course. We're delighted that you've registered, and we look forward to welcoming you soon.

This program has been designed not only to build your knowledge and skills but also to create an engaging, collaborative experience alongside colleagues who share your commitment to improving paediatric emergency care.

### Course Program Overview

There are three important components to the 2 Day Refresher course program that work together to support your learning:

- 1. Pre-course reading**

You'll receive a digital copy of the *7th edition Advanced Paediatric Life Support manual: A Practical Approach to Emergencies*. A redemption code will be emailed to you approximately six weeks before your face-to-face course.

- 2. APLS Online Learning**

Approximately 6–8 hours of interactive online modules that focus on key knowledge and clinical priorities, preparing you for the in-person program. There is an expectation that

you will have completed all of the online learning modules before attending the face-to-face program.

### 3. **Face-to-face course (2 days)**

An immersive program where you'll put your knowledge into practice through skill stations, workshops, and simulated clinical scenarios. Attendance for the full duration of the course is required.

## Pre-course preparation

- ☐ Complete the pre-course online learning (8hrs)
- ☐ Read the 7<sup>th</sup> edition APLS: A Practical Approach course manual (e-book)
- ☐ Check the course program and course details
- ☐ RSVP for the candidate dinner (end of Day 1)
- ☐ Fully attend the 2 day face-to-face program

The face-to-face course builds on the knowledge you'll gain from the manual and the online modules. To make the most of your time with us, please complete the online learning beforehand. Completion of these modules is required in order to receive your certificate.

[My APLS](#) on the APLS website is your hub for pre-course preparation. Sign in anytime with the login details you used during registration to access e-learning, e-book redemption codes and information about your course.

Your e-book can be downloaded to most devices (PC, Mac, Android, iOS, Kindle). Clear step-by-step instructions will be provided with your redemption code. Once issued, you will also be able to find your e-book redemption code in the My Profile section of **My APLS**.

## Pre-course online learning

[Access your pre-course modules](#) via **My APLS** on the APLS website.

The eight scenario-based modules are designed to enhance your understanding of clinical priorities for managing critically ill and injured children, and include activities, questions, and an online paediatric radiology trauma module.

You can expect the online learning to take approximately **6–8 hours**. Your progress will be monitored by APLS and shared with the Course Director. To help keep you on track, you'll receive reminder emails and text messages at regular intervals in the lead-up to your course.

### Helpful tips:

- Use Chrome as your browser.
- Ensure a stable internet connection.

- Allow pop-ups in your browser.
- If videos load slowly, disable HD for quicker streaming.
- Please note: Some workplaces may restrict access – you may need to use a personal device.

If you encounter any issues, our team is only a phone call away on (03) 8672 2800.

## Course manual

You'll receive a redemption code to access a digital copy of the *7th edition Advanced Paediatric Life Support manual: A Practical Approach to Emergencies*.

The redemption code will be emailed to you approximately six weeks before your face-to-face course. Once issued, you can also find this code in the My Profile section of **My APLS**.

## During the course

### Face-to-Face Program

Over two days, you'll learn from expert faculty and gain hands-on practice in a supportive environment.

Assessment and feedback are woven into the program, with faculty providing guidance and coaching throughout. For successful completion of the face-to-face program, you will:

- Demonstrate safe practice in resuscitation skills including:
  - Basic life support
  - Defibrillation
  - Airway management including bag valve mask ventilation and adjuncts
- Demonstrate safe practice during a simulated clinical scenario

Full attendance is required for all plenaries, skill stations and simulated clinical scenarios.

### Program and timetable

#### Course timings:

- Day 1: Registration 08.15, course content 08.30 - 17.40
- Day 2: 08.00 - 16.40 (Approx)

View the full [Course Program below](#).

## Course dinner

Held at the end of Day 1, this is an opportunity to connect with fellow candidates and faculty in a relaxed setting. Dinner is funded by APLS. You'll receive an SMS to RSVP around 20 days before your course.

## After the course

Upon successful completion of all requirements, you will receive your **APLS Certificate** by email within approximately 10 days. Access to APLS Online Learning will remain open for 30 days after your course, allowing you to revisit and reinforce your learning.

## Practical information

- **Accommodation, transport, parking:** Candidates arrange their own. Please review the course schedule before confirming travel as you are required to attend the full course program.
- **Dress code:** Comfortable, casual attire is encouraged.
- **Catering:** Provided throughout the course.
- **Course Dinner:** Held at the end of Day 1. Dinner is funded by APLS. You'll receive an SMS to RSVP around 20 days before your course.
- **Additional Information and Materials - My APLS**  
Visit **My APLS** on our website anytime to check course details, access online learning, and update your profile.
- **Need Support?**  
If you have any questions at all, please don't hesitate to reach out to the APLS Head Office on (03) 8672 2800 during business hours. Our team is here to help ensure your learning experience is smooth, enjoyable, and rewarding.

We look forward to welcoming you to the course and working alongside you as you take this important step in advancing paediatric emergency care.

Kind regards,

APLS Team

## 2026 APLS COURSE SCHEDULE – TWO DAY PROGRAM

*Please note that this program is subject to change without notice*

### Day 1 (24 participants, 6 per group)

0800 – 0830	Registration	Candidates
0830 – 0900	Welcome and Aims	
0900 - 0945	<b>Interactive Plenary:</b> Structured approach to serious illness, Advanced Life Support Aims: <ul style="list-style-type: none"> <li>• Early interaction between faculty and candidates</li> <li>• To recall and consolidate online learning</li> <li>• Knowledge of sequence of Structured approach to serious illness and ALS algorithms</li> </ul>	
0945 - 1000	Break - Meet your mentees	(15 mins)
1000 – 1100	<b>Airway/ALS Workshops</b> Airway workshop (6 per group) 1. Emergency Airway Mx (A) (revised) 2. Emergency Airway Mx (B) (revised)  ALS Workshop (12 in workshop) ALS Rapid Cycle Practice (A) ALS Rapid Cycle Practice (B) ALS Rapid Cycle Practice (C)	Systems approach, BVM, LMA, Intubation  ALS/Defib rapid cycle practice including formative assessment
1100 – 1200	<b>Airway Mx and ALS Rapid cycle</b> Cont'd as above	
1200 – 1240	Lunch with faculty meeting	(40 mins)
1240 - 1310	Demonstration Illness/ALS Scenario	
1310 – 1510	<b>ALS/Illness Scenario Teaching Stations (30 mins each)</b> ALS/Illness 1      ALS/Illness 2 ALS/Illness 3      ALS/Illness 4 ALS/Illness 5      ALS/Illness 6	Complex scenarios with post scenario discussions for application to clinical context  Scenario teaching will include a formative assessment and coaching of the structured approach to management for each candidate. Candidates are expected to demonstrate the structured approach during one of the scenarios to successfully complete the course.
1510 – 1530	Meet with mentor/mentee - TEA/COFFEE	All faculty & candidates
1530 - 1630	<b>ALS/Illness Scenario Teaching Stations (30 mins each)</b>	
1630 - 1730	<b>Trauma Plenary:</b> <i>Structured Approach to Trauma</i> <ul style="list-style-type: none"> <li>• The structured approach to the serious injury</li> <li>• The identification of life-threatening injuries</li> </ul>	Led by: Assistant: Move to systems approach to trauma content
1730 -1800	Close and FACULTY MEETING	All faculty

**Day 2** (24 participants, 6 per group)

<b>0800 – 0930</b>	<b>Emergency Skills Stations (2 x 45 mins)</b> 1. Chest trauma Intraosseous access 2. Safe emergency airway management	
<b>0930 - 0950</b>	Morning Tea Break	
<b>0950 - 1010</b>	Demonstration Trauma Scenario	
<b>1010 – 1150 (100 mins)</b>	<b>Trauma scenarios (25 mins each)</b>	Complex scenarios with post scenario discussions for application to clinical context
<b>1150 - 1200</b>	Break	
<b>1200 - 1250 (50 mins)</b>	<b>Trauma Scenarios (25 mins each)</b>	Will include a formative assessment of structured approach to management for each candidate – to meet expectation of APLS training.
<b>1250 - 1330</b>	Lunch and Faculty Meeting Repeat RCDP (ALS/Defib) if necessary	
<b>1330 – 1510 (100 mins)</b>	<b>Illness Scenarios (25 mins each)</b>	Complex scenarios with post scenario discussions for application to clinical context
<b>1510 - 1530</b>	Meet with mentor/mentee TEA/COFFEE	All faculty & candidates
<b>1530 – 1620 (50 mins)</b>	<b>Illness Scenarios (Continued, 25 mins each)</b>	Will include a formative assessment of structured approach to management for each candidate – to meet expectation of APLS training.
<b>1620 - 1640</b>	Wrap up Take Homes, Burning Questions Mentor farewell, feedback, and course closure.	All faculty
<b>1640 – 1710</b>	FACULTY MEETING	All faculty

## Accessing the digital APLS manual

The APLS manual is distributed as a Wiley E-Text via the VitalSource Bookshelf platform.

To access the e-book, you will need to [create a VitalSource Bookshelf account](#). You can then use the unique redemption code to download your e-book, which will be emailed to you by APLS approximately six weeks before your face-to-face course.

For instructions on [how to redeem your code](#), click here.

For assistance on [how to use VitalSource Bookshelf and any technical support](#), click here.

For more FAQs [or live chat assistance on redeeming your E-Text](#), visit [Wiley Student Support](#) here.

